

Wilsonville Community Seniors, Inc.  
c/o Wilsonville Community Center  
7965 SW Wilsonville Road  
Wilsonville, OR 97070-7756  
(503) 682-3727

# WCSI GAZETTE

## JUNE 2025

*"There are no strangers here,  
Only friends you haven't met yet"*



### Mission and Purpose

The mission and purpose of Wilsonville Community Seniors, Inc. (WCSI) is to make a positive contribution to the lives of senior citizens, the community of Wilsonville, and maintain positive relationships with other Seniors and the community by providing:

- **Increase Visibility:** Visibility establish WCSI as an independent and cooperative advocate for the Seniors in Wilsonville
- **Collaboration:** Collaboration with the City of Wilsonville and the Wilsonville Community to provide mutually beneficial opportunities for service by the Senior community through the efforts of WCSI
- **Enrichment:** Providing activities for Seniors to interact with each other and with the community at large. Including physical, recreational and educational experiences that promote learning, intellectual growth and enrich social abilities.

### 2023-2024 WCSI Board of Directors

Chair:	Nancy Combs
Vice Chair:	Priscilla Johnson
Secretary:	Jaelithe Formway Nelson
Treasurer:	Sandy Bernstein
Outreach:	Donna Atkinson
Board Members:	

Cynthia Allen, Karen Atkinson, Roberta Crew  
Aster Getachew, Jim Kendall, and Brian Stevenson

### Community Center Staff Parks & Recreation:

Director:	Kris Ammerman
Program Manager:	Brian Stevenson
Coordinator:	Erica Behler
Admin. Assistant:	Linda Martinez
Nutrition Coordinator:	Janice Mash
Information & Referral Specialist:	Sadie Wallenberg
Fitness Specialist:	Brad Moore

### Social Services

Our Information & Referral Specialist, Sadie Wallenberg, is available to provide:

Assessment of need and case monitoring  
Information and referrals  
Free loan of health equipment  
Assistance with public transportation

**Gazette Editor and Publisher:** Nancy Combs

### Center Hours

8:00 am to 5:00 pm Monday thru Friday

Meet at City Hall 10:30 am  
Bus will leave at 10:45 am, returning approx. 3:30

**UNLESS otherwise noted below**

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Sign up begins on Monday, June 2nd @ 9:00am

Thursday June 12th

**MYSTERY TRIP**

**SPECIAL MEETING TIME:**

Arrive at City Hall 9:15 AM,  
Leave by 9:30

**SAVE THE DATE**

Thursday July 10th

International Rose Garden, Portland

Lunch at Skyline Restaurant



Please Join us on  
Wednesday, June 4th  
Wednesday, June 18th

@ 1:00 p.m. for an hour of Bingo

**Bingo Games are free with a small prize for the winners. Meet in the Multi Purpose Room**



## **Wilsonville Community Center** **Brian Stevenson, Program Manager**

### **Community Center Lunch Program and Special 'Father's Day' Lunch on June 13**

Join your friends and make new friends at the Center's lunch program. Meals are served on Monday, Tuesday, Wednesday and Friday at 12 pm. Donations (\$3.50 for those 60 and over or \$4.25 for those under 60) are encouraged but not required.

Honor your father, celebrate being a dad, or simply enjoy a special meal. The June 14 Father's Day menu will include beef Wellington, mashed potatoes with gravy, vegetables and a banana cream pie. To assist staff in creating the best possible dining experience, please call 503-682-3727 to secure your seat for this special day.

### **Juneteenth Celebration**

The City's fifth annual Juneteenth Celebration takes place on Thursday, June 19, 5 -7:30 pm at Town Center Park. This free, family-friendly event features keynote remarks by Tai Harden - Moore and remarks by student members of Wilsonville High School's Black Student Union. There will be music, food (in limited supply), activities and community organizations.

Keynote speaker Tai Harden-Moore is a published writer and speaker who highlights the importance of allyship and significance of uniting to eliminate institutional racism. Her remarks will discuss the power of the collective in making meaningful societal change.

Ms. Harden-Moore has been serving local communities and non-profits by serving on non-profit boards, participating in the Oregon Humanities Conversation Project, and teaching as an adjunct lecturer. She is also a commissioner for the Oregon Commission on Black Affairs.

### **Korean War Remembrance Ceremony**

The Korean War Memorial Foundation of Oregon will commemorate the 75th Anniversary of the start of the Korean War on Saturday, June 28, 10 am at Town Center Park. The event will welcome and honor surviving Korean War veterans and their families, award the Ambassador for Peace medal to veterans who have not received it, feature an array of speakers, and open the Interpretive Center for viewing.

### **Intro to Stained Glass Assembly - Stained Glass Plant**

In this 2-hour class, taught by William Reichle of Hypmatizarism Glass, students will make their own stained glass plant (3" wide x 7" tall) with pre-cut and ground leaves to create a unique arrangement. Participants will gain guided experience with soldering technique, learn how to frame with lead came, how to solder tinned copper wire, and how to clean and polish stained glass. The class will take place on Sunday, June 29 from 10 am - 12 pm, however may run slightly longer depending on the speed of each student. The workshop will be held at the Parks and Rec Admin Building with a cost of \$93 which includes all materials. Register online at [WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com) using course #: 11508.

## June 2025 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<b><u>Monday</u></b>	<p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Chicago Bridge</b> 1:00 pm - 4:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p><b>Located at Community Center unless otherwise noted.</b></p> <p><b><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></b></p> <p><b>Oil Painting + “Half Oval Vignette”</b> Tuesday, 6/3 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Oil Painting + “Summer Reflections”</b> Saturday, 6/14 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Life 101 Series: Long Term Care*</b> No charge Tuesday, 6/24 10:30 am - 11:30am</p> <p><b><u>Event Spotlight</u></b></p> <p><b>Korean War Remembrance Ceremony</b> Honor Korean War veterans and acknowledge the start of the Korean War. Following the event, tour the Oregon Korean War Memorial Interpretive Center. Saturday, 6/28 10:00 am Town Center Park</p> <p><b><u>Class Spotlight</u></b></p> <p><b>Beginning Tai Chi +</b> Tuesdays and Thursdays, 5/13 - 7/3 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory &amp; mindfulness while learning the first section of the 108 forms &amp; a variety of Qi-Gong and warm-ups. 2:00 pm - 2:45 pm (\$80) (\$10 drop in)</p>
<b><u>Tuesday</u></b>	<p><b>Piecemakers Quilting</b> 9:00 am – 11:45 am (Tauchman House)</p> <p><b>Ukulele Jam Group</b> 9:30 am– 11:30 am (Parks &amp; Rec. Admin Office)</p> <p><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p> <p><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Tuesday)</p>	
<b><u>Wednesday</u></b>	<p><b>Photography Club</b> 10:00 am - 11:30 am</p> <p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p> <p><b>Book Club</b> 1:00 pm - 2:30pm (4th Wednesday)</p>	
<b><u>Thursday</u></b>	<p><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	
<b><u>Friday</u></b>	<p><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Friday Bridge</b> 11:30 am - 3:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	

## WCSI BOARD ELECTIONS

WEDNESDAY, JUNE 11TH

Cast your ballots beginning at 9:00 AM in the lobby  
Ending at noon in the Multi Purpose Room

We have 6 board members up for Re Election  
for a two year term, July 1, 2025 – June 30, 2027

Cynthia Allen, Karen Atkinson, Sandy Bernstein, Aster Getachew  
Jim Kendall and Jaelithe Formway-Nelson



**We Are All A Piece of the Puzzle**

“

*Happy June!*

May this month bring you sunny days,  
lots of laughter and love!

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- Beth Elkassih

## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Summer is finally here! The days are long and bright, the vegetation is beautiful and full...and the library stands ready, as always, to help you learn something, relax, be entertained, or (mostly) whatever else you may desire! Here's what's happening around the place this month, on the adult side:

On alternate **Mondays, June 2<sup>nd</sup>, 16<sup>th</sup>, and 30<sup>th</sup> at 10am**, renters can visit representatives from *Rent Well*. Rent Well is a tenant education program to help people overcome housing barriers related to rental, credit, or criminal history. Participants may sign up for and complete a 15+ hour course that covers renters' rights and responsibilities, affordable housing options, and housing barriers. Participants receive a free background report and create a housing portfolio that they can use during the housing application process. Upon graduation, participants receive a certificate, access to incentive funds for landlords, and the ability to apply for limited one-time move-in cost assistance within 18 months of graduation. Find out more information at [www.rentwell.org](http://www.rentwell.org).

The Library will host an intermediate-level ESL class on **Tuesdays in June** (the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>) from 10 to 11:30am. These classes are geared toward English as a Second Language learners, but anyone (at any level) who would like to improve their English skills is invited to attend. No sign-up necessary - Just drop in!

Our ever-popular PROFILES lectures will also drop by for a spell (online) on **Wednesday, June 4<sup>th</sup> from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled *Writing with Pride: 5 LGBTQ+ Authors*. This program explores the work of six writers whose writing explores the nature and scope of the LGBTQ+ experience: James Baldwin (*Giovanni's Room*), Audre Lorde (*Sister Outsider*), Larry Kramer (*The Normal Heart*), Armistead Maupin (*Tales of the City*), Rita Mae Brown (*Rubyfruit Jungle*), and George M. Johnson (*All Boys Aren't Blue*). Sign up to receive the Zoom meeting code! [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

Please join us for June's **First Friday Film on Friday, June 6<sup>th</sup> at 3pm**! This time, we're screening *Last Breath (PG-13)*. The film is based on the true story of seasoned deep-sea divers who battle the raging elements to rescue a crew mate who's trapped hundreds of feet below the ocean's surface. Starring: Woody Harrelson, Simu Liu, Finn Cole, and Cliff Curtis. No admission charge, so what's not to like? Hope to see you there!



## Library News Continued

On **Fridays this month** (the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>), you can visit the WIC (Women, Infants, and Children) program in the Wilsonville Library! The Clackamas WIC Program hosts pop-up clinics on Fridays inside the Wilsonville Library Rose Room, or (sometimes) in the Wilsonville Library parking lot (with the *WIC on Wheels* mobile clinic) from 10am to 12pm and also from 1pm to 4pm. WIC helps income-eligible women, infants and children up to age 5 by providing nutritious foods and education, lactation support, health care screenings and referrals to resources. If you know someone who could use the help, please let them know about this service. Find out more about WIC and their services at their website: <https://www.clackamas.us/publichealth/wic>.

Our popular **SpaceTalks** lecture will touch down at **11am on Saturday, June 7<sup>th</sup>**. The presentation this month is titled *The Impact of Artificial Intelligence at NASA*. NASA is rapidly adopting and applying the use of Artificial Intelligence (AI) to its missions. Come find out about the variety of missions and the spacecraft to carry them out that are all beginning to realize the benefits and power of artificial intelligence. Free and open to all, right here in the library's Oak Room.

On **Monday, June 16<sup>th</sup>, beginning at 1pm**, budding or experienced genealogists can join a growing group of like-minded folks of all levels from the Wilsonville area to discuss genealogy tips, tricks and research. One of the library's most popular offerings, these discussions are free and informal and moderated by Librarian Malia Laughton. New members at any level are always welcome.

**The library will be closed on Thursday, June 19<sup>th</sup>, in honor of Juneteenth**, America's newest holiday! Juneteenth, or Freedom Day, celebrates the signing of the Emancipation Proclamation that abolished slavery in Texas and other formerly Confederate states in 1865.

Please don't forget--All this month (and the following two months too) our annual **Summer Reading Program** (which encompasses all ages) will be at the front and center of all we do. If you haven't experienced it before, why not try reading something new this summer? Prizes, activities, and games galore—more information on our website! [www.wilsonvillelibrary.org](http://www.wilsonvillelibrary.org).

"It is what you read when you  
don't have to  
that determines what you will  
be when you can't help it."

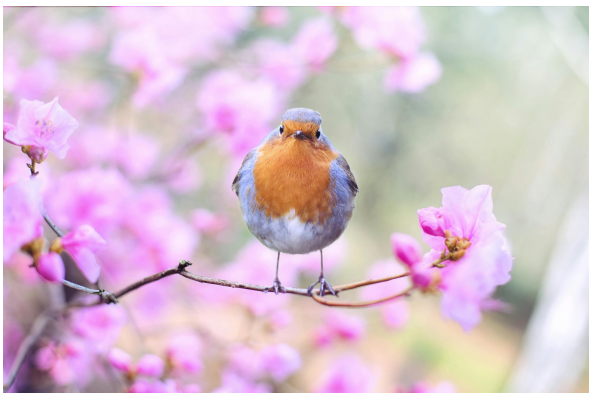
— Oscar Wilde



## WILSONVILLE WALKERS MAY 2025 SCHEDULE

Every Tuesday and Thursday morning at 9:30 a.m. the Walkers get together to enjoy a walk of about two miles, usually on local paths. Below is a list of those paths and dates for each walk. For directions on how to reach those paths, please call Kenton or Mary Wolfe at 503-694-8376. Our coffee hour will be at Boston's Pub & Grill unless otherwise indicated.

- June 3 Tues.        **Greenway/Ice Age Trail**, Tualatin City Park, Tualatin Community Park, 8515 SW Tualatin Rd, Tualatin. Meet at the tennis court parking lot. Coffee at Donut Land.
- June 5 Thurs.        **Murase Plaza**, upper Memorial Park
- June 10 Tues.        **Villebois**
- June 12 Thurs.        **George Rogers Park**, 611 S. State Street, downtown Lake Oswego. Coffee hour at New Seasons. (Remember Stafford Road is closed from Childs Rd to Johnson.)
- June 17 Tues.        **Mentor Graphics** - meet in the parking lot across from the post office. Coffee hour at Mike & Patti Lama's, 28425 SW Canyon Creek Road S.
- June 19 Thurs.        **Meet at the home of Barb and Bob Ziel**, 10920 SW Matzen, Wilsonville, for our walk and coffee hour
- June 24 Tues.        **Champoeg State Park** - purchase your parking pass at either of the two Kiosks as you enter the park, one located near the museum or one at the bottom of the hill. Turn right at the bottom of the hill and follow the signs to Loop B in the campground. Coffee hour at the Butteville Store.
- June 26 Thurs.        **Charbonneau** - meet at the Louvonne Pool House, 8601 Louvonne Drive, for our walk and coffee hour. As you enter Charbonneau, take the first entrance into Charbonneau and then the first left off of French Prairie Rd. The Pool House will be about 1/2 block straight ahead. Our coffee hour at the Pool House will be hosted by the Louvonne Ladies: Karen, Shirley, Reita, and Paula.





*June  
national days  
word search  
printable  
from Always  
the Holidays*

G O F I S H I N G D A Y Y A D  
E L P O C Y T E G G D A Y L Y  
Y Y S Y O H A N D E D D E K O  
E A A A Y D E D E V I M I S Y  
W D F D R A T E T E C A N A O  
E S E T I N D R S A T R D P D  
A R D U R N O E U E E E D O A  
R E A N K L I M V C D P N A Y  
D H Y O O A K T Y I K A E U Y  
A T R C L E G A R H L D Y R J  
Y A D O H I D P S A G O A M K  
E F S C N O T D A Y M T S Y A  
G I M D F B S E L F I E D A Y  
A L A U G A Y A D S W O D I W  
P Y B L O O D D O N O R D A Y

COCONUT DAY  
JUNETEENTH  
LGBT PRIDE DAY  
GO FISHING DAY  
VCR DAY  
COLOR TV DAY  
MARTINI DAY

SELFIE DAY  
EYEWEAR DAY  
YOYO DAY  
REPEAT DAY  
UFO DAY  
BLOOD DONOR DAY  
GIN DAY

FOOD TRUCK DAY  
FATHERS DAY  
EGG DAY  
WIDOWS DAY  
CHEESE DAY  
OLIVE DAY  
SAFE DAY





## SMART WALK AT LUNCH ADVENTURES

A new variation of Walk at Lunch. For 2025, SMART will host group walks that incorporate bus travel. Our group walks are designed to help participants feel comfortable with the SMART transit system in a social and relaxed environment.

Each walk will have a designated meeting location in which we will catch a bus to our walking destination. Walk lengths will vary depending on the location and some walks will include time for lunch on your own time .

This years destinations include Murase Park, Graham Oaks Park, Downtown Canby, and Tualatin Park & Ride with a walk to Bridgeport shopping area. Bring your wallets and experience travel by foot and bus!

All bus rides are FREE!



### WALK AT LUNCH - ADVENTURES

Learn how to incorporate active transportation into your walk.

**June 25, Route 2X**

- 12 noon, bus departs WTC
- 12:05 arrive public Library,
- 20 or 50 minute walk in park
- 12:31 or 1:01 depart library
- 12:37 or 1:07 arrive WTC

**July 30, Route 4**

- 12:15 bus departs City Hall
- 12:30 arrive Graham Oaks park,
- walk for 50 min
- 1:30 bus departs
- 1:39 arrive City Hall

**August 27, Route 3X**


- 11:30 am, bus departs WTC
- 11:49 arrive Canby Transit Center,
- walk in downtown neighborhood-shop, lunch etc., 90 min of time
- Walk 30, 60 min for lunch
- 1:30 depart Canby Transit Center
- 1:49 arrive WTC

**September 24, Route 2X**

- 12 noon, bus departs WTC
- 12:30 arrive Tualatin Park & Ride
- walk towards Bridgeport, 30 min
- 1:10 depart Tualatin Park & Ride
- 1:37 arrive WTC

Group walks are designed to help participants feel comfortable with the transit system in a social and relaxed environment.

WTC= Wilsonville Transit Center  
Bus times may change from time of print.



# June 2025

Monday	Tuesday	Wednesday	Friday
2	3	4	6
Baked Manicotti Green Beans Breadstick Pound cake/Berries	Turkey Bacon Wrap Shredded Lettuce/Cheese Cole Slaw Chips Cookie 	Chicken Salad Strawberry/Blueberries Mandarins/Feta/Almonds Poppy Seed Dressing Seeded roll Brownie	Cheeseburger Lettuce/Tomato/Onion WW Bun Potato Salad Melon 
9	10	11	13
Breakfast Biscuit Sausage/Egg/Cheese Hashbrown Fruit 	Pesto Pasta Primavera Zucchini/Red Pepper Yellow Squash/Broccoli Angel Hair Pasta Focaccia Pudding 	Chicken Gyro Lettuce/Tomato/Tzatziki Sauce Cucumber/Dill Salad Chips Cookie	<u>Father's Day Lunch</u> Beef Wellington Mashed Potatoes/Gravy Vegetable Roll Banana Cream Pie  
16	17	18	20
Orange Chicken Brown Rice Kyoto Vegetable Cookie	Ham Sandwich Leaf Lettuce/Swiss Cheese Cup of Soup Cantaloupe 	Asian Chicken Salad Mandarin Oranges/Almonds/Chow Mein Noodles/Green Onion Sea same Dressing Lemon Bar	Fish Tacos Lettuce/Cheese/Tomato Sour Cream Fiesta Rice Ice Cream HDM Peach & Cream Cup
23	24	25	27
Meatball Sub Mozzarella Potato wedges Pudding 	Turkey Mushroom Burger Swiss Cheese Tator Tots Fruit	Egg Salad Sandwich Coleslaw with Craisins/Almonds Chips Cookie 	Crispy Chicken Sandwich Shredded Lettuce/Tomato/Mayo Potato Wedges Corn Salsa Salad Jello
30			
Chicken Alfredo Vegetable Garlic toast Tropical Fruit 			

Lunch is served at the Community Center on Mondays. Tuesdays, Wednesdays and Fridays at 12:00 pm. Donations (\$3.50 for those 60 and over and \$4.25 for those under 60) are encouraged but not required.

Menu subject to change due to availability of supplies and produce.

**Please note: there will be no HDM on Tuesdays. Meals are subject to change.**